

**PUT SOME
KRAUT
IN YOUR LIFE**



KRAUT

KRAUT

KRAUT

KRAUT

Sauerkraut dates back some 2000 years to Chinese Emperor Shih Huang-ti, who was responsible for the Great Wall of China. And without that famous Wall, we might never have known the joys of sauerkraut. The slaving Chinese coolies, who erected the monstrous structure which wiggles its way more than 1500 miles across Asia, were kept hale and hearty by the cabbage used to supplement their diet of rice. The cabbage was pickled with wine to preserve it and lo! a new taste was born. Sour and toothsome.

Some thousand years later, the Great Wall notwithstanding, Genghis Khan plundered China. His Tartar hordes took to the pickled cabbage and added it to their booty as they swept across Asia and Europe, leaving a wake of wrack and ruin. And sour cabbage.

The Germans became exceedingly fond of this piquant dish; thus, the Teutonic moniker, for sauerkraut means "sour cabbage." Near the end of the 16th Century, someone found that the cabbage could be fermented with just plain salt for better results.

Because it kept so well, kraut was probably one of the first foods to travel around the world. The noted Englishman, Captain James Cook, who discovered Hawaii, credited his success in part to kraut.

A daily portion served to his men prevented occurrence of the dreaded scurvy, long considered an unavoidable result of any extended sea voyage. Cook may have learned of the wizardry of kraut from the writings of an English surgeon who attributed the absence of scurvy in the Dutch navy to the "zourkool" in their menus. He described it as "a meal of pickled cabbage given them now and then."

For one of Cook's more ambitious junkets, he requisitioned nearly 25,000 pounds of "sour kroust" for the larders of two of his ships. The world would one day learn that it was not mere wizardry but the ascorbic acid, or vitamin C, in kraut that prevented the scurvy.

In due time, the Germans and Dutch who came to colonize the new world brought with them their reputation, skill and fondness for the famed pungent vegetable. Sauerkraut to this day plays an important role in the lives and lore of the Pennsylvania Dutch, the descendants of those early German settlers. Kraut with turkey, goose or chicken is always included in their Christmas menu because the fowl scratches backward, symbolizing the end of the old year. And for New Year's Day kraut is

served with pork for good luck, good health, and prosperity in the coming year, since the pig roots forward.



The Germans were also partial to sausages, so it was but a short step to teaming kraut with the frankfurter and the two became practically an American institution. Today kraut has broadened its horizons. You'll find it entrenched in an unbelievably wide array of dishes, ranging from roast goose with kraut stuffing to a moist, mouthwatering chocolate cake.

Kraut has come a long way since the days when chunks of wine-fermented cabbage were fed to the hard-working Chinese coolies.

Until a generation or two ago, much of our kraut was still home-made. Grandmother's farm in autumn had one marvelous bonus above all others...a trip to the dark, musty cellar to dip clandestinely into the big kraut crock or barrel set in a cool nook to "work" mysteriously during fall and winter. It was grandmother's thrifty use of the surplus from her cabbage patch, and a real treat.

Today kraut starts with the choicest of seeds selected to produce cabbages with firm heads and uniform color. The kraut packers contract with farmers in the early spring for delivery of their cabbage crop in the fall. Harvesting takes place from August to November when acres of plump, silvery cabbages have swelled to almost basketball size. Most of the harvesting

is still manual, so sharp knives glint and slash in the warm sun. Then truck after truck piled high with solid fragrant globes rattles along country roads to nearby canning centers. New York state ranks first in kraut production, followed by Wisconsin & Ohio.

Once delivered the cabbages are weighed and inspected. Then bumping and bouncing from bins to belts, tons of cabbage are stripped of out-

side leaves and cored with an auger-like machine before being scrubbed, rinsed and cleaned automatically. As the heads trundle by, waste leaves are swept aside and the final inspection is done manually. Though the cabbages started out more than twice the size of table cabbages, about 30% has been lost in waste by the time the heads reach the sharp, whirling blades that shred them, transforming the solid heads into a tumble of pale green strands ready to be salted and vatted. The salt is either picked up enroute to the vats or added layer by layer as the shredded cabbage is forked into the huge vats and settled.

The low-ceilinged tank rooms are filled with giant wooden or concrete vats where the kraut is cured. Curing time varies

with the temperature; thus, packers can space out their curing by controlling the temperature in the tank rooms.



From time to time the working kraut is sampled via a long rod for salt and lactic acid and when 1.5% lactic acid has been produced, the transformation of cabbage into sauerkraut is complete. Once fermented the kraut is transferred to a mixer where long stainless steel fingers loosen and separate its golden strands. Special equipment is needed to pack the kraut firmly into containers.

But for all the modernization, the old-fashioned favorite still has the unique tangy taste, the tawny color and the wonderful food qualities it has had for hundreds of years. Today's homemaker can pluck from her grocer's shelves a uniformly excellent kraut, crisp and firm in texture, and with just the right amount of zest to please most palates. It's available at any time of year conveniently packaged in cans, jars or flexible plastic bags. This economical, versatile vegetable is ready to use right from the container or to incorporate into any number of delectable dishes.

New image or old, kraut has much to recommend it, as evidenced by the fact it has leaped from fortieth to fifth in volume in the field of canned vegetables. Just as it helped nourish the ancient Chinese workers and kept Dutch sailors robust, it is still rich in a remarkable assortment

of vitamins and minerals to help nourish today's generations.

Kraut is an excellent source of vitamin C. Three-quarters of a cup provides about 25% of the daily minimum requirement for adults. Both vitamins B₁ and B₂, thiamine and riboflavin, are contained in kraut. Vitamins C and B₁ must be replenished daily, for neither is stored by the body. Kraut's slight acidity provides

natural protection against the destruction of the vitamins during cooking.

Kraut is also an economical and tasty source of calcium and phosphorous, important minerals needed daily in the diet of young and old alike.

Not the least of kraut's attributes is its benefits to the weight-watcher. One cup of undrained kraut contains only 33 calories and a cup of kraut juice has 22 calories, putting both on the eat-as-much-as-you-want list for calorie counters. It provides the necessary bulk in the diet and contains valuable amounts of essential nutrients rarely found together in other low-calorie foods. Versatile kraut is a boon to dieters because it adds zest to menus in an endless number of tantalizing dishes, thereby preventing the monotony that

causes the weak-willed to falter in their calorie counting. So, for a slim trim figure, put some kraut in your life.





HEROES & KRAUTWICHES

Everybody loves a hero! There's no better way to banish he-man hungers than with a super colossal, double delectable hero sandwich. Brimful of tangy fixings, these jaw-stretchers come in all shapes and sizes and they're crowned with tart, springy kraut at its best. If you're planning a backyard bash, turning teens loose in the kitchen or looking for a Sunday supper menu, why not set out a tray of cold cuts and cheeses; sliced onion, tomato, cucumber and green pepper; plus a selection of bread and rolls. Let everyone create his own concoction. And don't forget a big bowl of crisp, pungent kraut to top off the jumbo sandwiches. Kraut and cold cuts are an unbeatable combination.

Hero Krautwich

(Makes 6 to 8 servings)

- 2 cups well-drained sauerkraut
- 1/2 cup sour cream
- 1 tablespoon chopped chives
- 1/4 teaspoon dill weed
- 15-inch loaf of Italian bread, halved lengthwise and buttered
- Romaine lettuce
- 4 slices sweet onion
- 1/4 pound sliced liverwurst
- 3 large rectangular slices Swiss cheese, halved
- 1/2 pound sliced bologna
- 1 medium tomato, thinly sliced

Mix kraut with sour cream, chives and dill weed; chill. On bottom half of bread, layer: lettuce, onion, liverwurst, cheese, bologna, tomato, then kraut mixture. Cover with top of bread. Secure with picks.

Reuben Sandwich

(Makes 8 sandwiches)

The Reuben has taken the country by storm. Now you can serve this succulent grilled combo of corned beef, Swiss cheese and kraut on rye at home.

2 cups drained sauerkraut
½ teaspoon caraway or dill seed
¼ teaspoon garlic powder
16 slices rye bread
½ cup Russian dressing
1 pound thinly sliced corned beef
1 pound sliced Swiss cheese
Melted butter or margarine

Toss kraut with caraway seed and garlic powder; set aside. Spread bread with dressing. Top 8 slices bread with corned beef, kraut, cheese and remaining bread. Brush melted butter on both sides of sandwiches. Grill in skillet or electric sandwich toaster until cheese is melted.

Rotund Heroes

(Makes 2 large heroes, about 12 servings)

4 cups well-drained sauerkraut
1 bottle (8 ounces) Russian dressing
¼ cup chopped parsley
1 medium cucumber, pared and thinly sliced (1 cup)
Salt and pepper
1 round loaf of Italian bread,
7 to 8 inches in diameter
Butter or margarine, softened
Lettuce
¾ pound sliced thuringer
4 rectangular slices Swiss cheese, halved
½ pound sliced chicken roll
1 jar (4 ounces) pimiento, drained and split
Sweet gherkins

Toss and chill: kraut, dressing and parsley. Season cucumbers with salt and pepper.

Cut bread horizontally into 6 slices. Lightly butter each slice. For each hero, use 3 slices bread and assemble simultaneously on 2 separate plates. Layer first with lettuce, ¼ of the kraut mixture, ½ the thuringer and cheese. Add second slice of bread and layers of lettuce, remaining kraut mixture, chicken roll, cucumber and pimiento. Top with third slice. Wrap and chill heroes 2 to 3 hours before serving. Cut into wedges. Serve with gherkins.

Twin Heroes Italian Style

(Makes 8 servings)

Two heroes from one round loaf. The flavor is deliciously pizza.

7-inch round loaf of Italian bread
12 ounces mozzarella cheese, shredded
2 cups well-drained sauerkraut
1 can (6 ounces) tomato paste
1½ teaspoons oregano leaves
¼ teaspoon salt
Dash of pepper
½ pound sliced ham
⅓ pound sliced salami

Cut bread into 5 horizontal slices; discard top crust. Sprinkle remaining slices with about ½ of the cheese. Mix kraut, tomato paste and seasonings. On each bread slice, layer about ½ cup of kraut mixture, ¼ of the ham and salami; sprinkle with remaining cheese. Stack 2 slices for each hero and wrap in foil. Heat in a 400° (hot) oven 35 minutes; open foil and heat 10 minutes longer to brown cheese lightly. Cut in wedges and serve

Half Nelson Hero

(Makes 6 to 8 servings)

15-inch loaf of Italian bread, cut in half lengthwise
Butter or margarine, softened
2 cups well-drained sauerkraut
1 medium tomato, chopped
¼ cup chopped scallion
½ cup each: diced green pepper,
chopped pimiento-stuffed olives
1 clove garlic, crushed
Dash pepper
1 pound sliced bologna, cut in strips
¼ cup mayonnaise

Remove soft center from each half of bread*, leaving crust wall 1-inch thick. Lightly butter each half.

Combine kraut, vegetables, olives, garlic and pepper; pack into top half of bread. Toss bologna with mayonnaise and pack into bottom half. Press halves together lightly and wrap tightly in foil. Chill several hours or overnight. Slice to serve.
*Use soft center for bread crumbs in stuffings, etc.

Nuts & Bolts Krautwich

(Makes 6 sandwiches)

2 cups well-drained sauerkraut
¼ cup finely chopped red onion
1 hard-cooked egg, chopped
½ cup creamy Russian dressing
6 round onion rolls, split and buttered
½ pound sliced salami
6 slices Muenster cheese
1 package (6 ounces) sliced liverwurst
Lettuce
Red onion rings
3 hard-cooked eggs, sliced
Russian dressing

Mix together kraut, chopped onion, chopped egg and ½ cup dressing. Chill.

For each sandwich: layer slices of salami, cheese, liverwurst, lettuce, about ⅓ cup of kraut mixture, a few onion rings and 3 egg slices. Top with about a tablespoon of dressing. Serve with additional dressing, if desired.

Jolly German Triple Decker

(Makes 6 sandwiches)

3 packages (3 ounces each) cream cheese
2 tablespoons chopped chives
2 cups well-drained sauerkraut
18 slices pumpernickel bread (about 1 medium loaf)
Butter or margarine, softened
2 packages (3 ounces each) sliced smoked beef

Blend thoroughly 3 ounces cream cheese, the milk and 1 tablespoon chives. Stir in kraut and chill. In medium bowl blend together remaining cream cheese and chives.

Using 3 slices of bread for each sandwich, assemble as follows: On the first slice spread ⅓ cup of the kraut mixture. On second slice spread 2 tablespoons of the cheese mixture and add several slices of beef. Butter remaining slices and top sandwiches.

Oriental Kraut Heroes

(Makes 6 sandwiches)

'Tis a bit messy to eat, but the flavor makes it well worthwhile.

½ package (8 ounces) frozen Chinese pea pods
4 cups well-drained sauerkraut
1 can (5 ounces) water chestnuts, drained and sliced

Mayonnaise

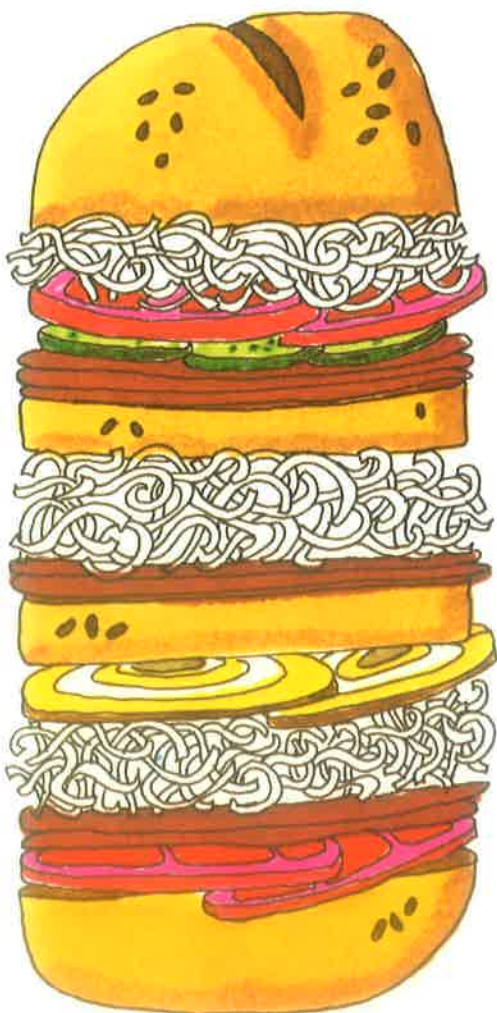
6 hero rolls, 6-inches long, split

1 pound sliced chicken loaf

Soy sauce

1 cup chow mein noodles

Drop pea pods in boiling water for 1 minute. Drain well and toss with kraut, water chestnuts and ⅔ cup mayonnaise; chill. Spread both halves of rolls with mayonnaise. Brush chicken loaf slices with soy sauce. Assemble each sandwich with a layer of kraut mixture and chicken loaf and a sprinkling of noodles.





KRAUT, PORK & APPLES

Give a touch of swing to the classic. If tradition's your thing, kraut, pork and apples is for you. Sweet and succulent pork, ripe red apples plucked from the tree and crisp, zesty kraut makes many a meal the most. Serve rarin' ribs, champion chops or pork in a pie and the meal will be dubbed sublime.

They're The Cat's Pajamas . . .

Ribs & Kraut

(Makes 6 servings)

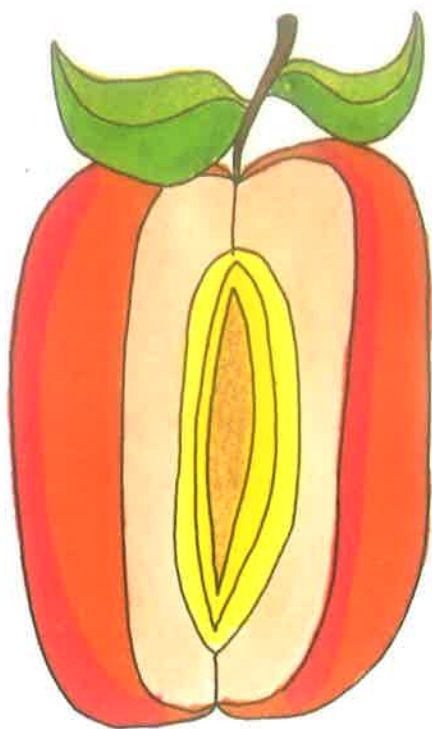
5 pounds pork spareribs, cut in serving pieces
Barbecue Sauce*
3½ cups undrained sauerkraut
2 medium unpared tart red apples
¼ cup butter or margarine
½ cup finely chopped onion
½ cup diced green pepper
2 tablespoons sugar
Black pepper, to taste

Cut excess fat from spareribs. Place ribs in shallow roasting pan; cover with foil and bake in 325° (slow) oven 1 hour. Increase oven temperature to 400°. Pour off fat from pan and wipe ribs with paper

towels to remove excess fat. Brush ribs on all sides with Barbecue Sauce*; pour remaining sauce over. Roast ribs, uncovered, 45 minutes, or until fork tender and dark brown.

About 25 minutes before ribs are done, prepare kraut mixture. Drain kraut juice into bowl and set kraut aside. Slice apples into ⅛-inch thick wedges; toss with kraut juice immediately to prevent browning. Melt butter in saucepan over medium heat. Add onion and sauté until golden; stir in green pepper. Cook, stirring occasionally, until green pepper is crisp-tender. Drain apples and add with kraut, sugar and black pepper to onion mixture. Heat thoroughly and serve with spareribs.

***Barbecue Sauce:** (Makes 2 cups)
In large saucepan combine: ½ cup honey, ½ cup mild molasses, 1 cup catsup, ½ teaspoon grated orange peel, ⅔ cup orange juice, 1 clove minced garlic, 1 tablespoon bottled thick meat sauce, 2 teaspoons prepared mustard, ⅛ teaspoon ginger, ½ teaspoon salt and ¼ teaspoon pepper; simmer 5 minutes, stirring frequently.



Krait Is Bustin' Out All Over Ham

(Makes 8 servings)

Take a fresh ham, tuck krait into slits in the top of it and you'll have a winner.

5 cups drained sauerkraut
1 medium onion, chopped
2 medium apples, pared and chopped
2 tablespoons brown sugar
½ teaspoon celery seed
2½ cups apple juice
¼ cup apple brandy*
6-pound fresh ham, shank end
(with skin optional)

8 medium potatoes, pared and halved
2 tablespoons butter or margarine

Mix together: krait, onion, apple, sugar, celery seed, 1 cup apple juice and the brandy. Cut 1-inch deep slits lengthwise in the ham about 1½ inches apart. Fill slits with some of krait mixture. Place on rack in shallow roasting pan. Roast in 325° (slow) oven 4½ hours, or until meat thermometer registers 170°, depending on desired doneness. Baste

occasionally with remaining apple juice. When roast is browned, cover lightly with foil. Partially cook potatoes in boiling salted water about 15 minutes; drain and arrange around the roast for last 45 minutes cooking time. Baste with pan drippings. Combine butter and remaining krait mixture in saucepan. Cook over low heat 45 minutes. Serve pork with poached apple wedges, if desired.

*Brandy may be omitted and apple juice increased to 2¾ cups.

Simpatico Krait & Pork Butt

(Makes 6 to 8 servings)

1 smoked pork butt (about 3 pounds)
3 whole cloves
1 cinnamon stick (about 3 inches)
1 bay leaf
1 onion, halved
¼ teaspoon each: salt, peppercorns
Water
1 cup sweet apple cider
3 tablespoons dark brown sugar
¼ teaspoon dry mustard
¼ cup coarsely chopped onion
¼ cup butter or margarine
3¼ cups drained sauerkraut
8 ounces medium egg noodles, cooked
⅓ cup dark seedless raisins
Buttered bread crumbs
Mustard Dressing*

Combine in large kettle: pork butt, cloves, cinnamon, bay leaf, onion halves, salt and peppercorns. Add water to cover. Bring to boil and simmer, uncovered, 1 hour. Place pork in 3-quart baking dish. Mix ½ cup of the cider with 1 tablespoon brown sugar and the dry mustard. Brush some of cider mixture on pork. Bake in 325° (slow) oven 45 minutes, brushing occasionally with remaining cider mixture.

Sauté chopped onion in butter until crisp-tender; then toss with krait, noodles, raisins, remaining cider and sugar. Surround pork with krait mixture and sprinkle with crumbs; bake 15 minutes longer. Serve with Mustard Dressing.

*To Prepare Mustard Dressing (makes about 1¼ cups): Blend 1¼ cups mayonnaise with 2 tablespoons prepared spicy mustard.

Pie In The Sky

(Makes 8 servings)

Pie is for dessert. Unless, of course, it happens to be a meat pie. In which case pie is for anytime, like now.

- 1 cup grated carrot
- ½ cup each: chopped celery, onion
- ¼ pound mushrooms, sliced
- 2 tablespoons butter or margarine
- 2 pounds lean ground pork
- ¾ cups drained sauerkraut
- 4 cups sliced pared green apples
- 1 cup sour cream
- ½ cup chopped parsley
- 2 teaspoons salt
- ¼ teaspoon each: cracked black pepper, thyme leaves, rosemary leaves
- 10 juniper berries
- 8 cups mashed potato

In large skillet sauté carrot, celery, onion and mushrooms in butter until crisp-tender. Add pork and cook until browned. Remove mixture from skillet, using slotted spoon. Combine with kraut, apple, sour cream, parsley and seasonings. Pour into shallow 4-quart baking dish. Cover with mashed potato. Bake in 350° (moderate) oven 40 minutes. Brown top of potato quickly under broiler.

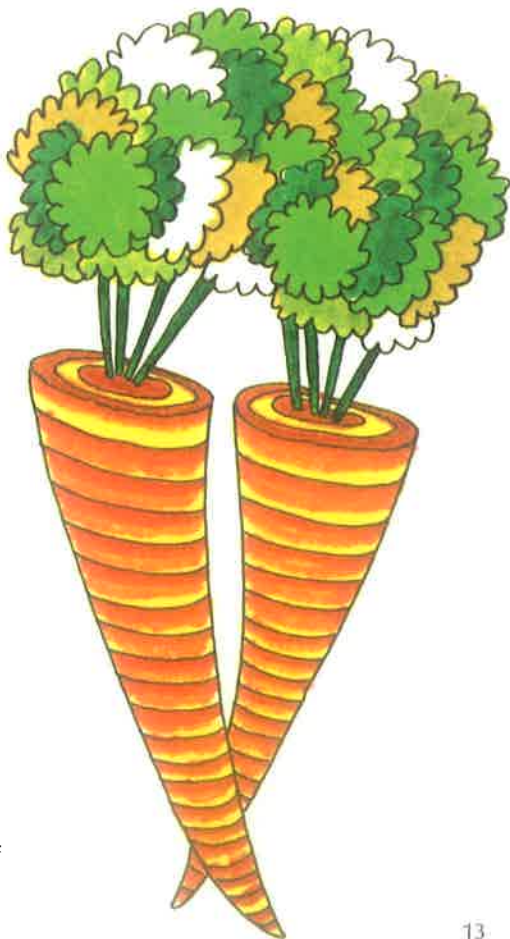
Turned On Chops 'N Kraut With Baked Apple Bonus

(Makes 6 servings)

- ¾ cups drained sauerkraut
- 2 teaspoons dried chopped chives
- ¼ teaspoon dill weed
- 6 loin pork chops (about 1-inch thick)
- Salt and pepper
- 3 tablespoons butter or margarine
- 6 medium red apples
- ¼ cup butter or margarine, melted
- ¼ cup each: firmly packed brown sugar, dark seedless raisins
- 1 cup chicken broth or bouillon
- 1½ tablespoons flour
- ½ cup heavy cream

Combine kraut, chives and dill weed. Arrange in bottom of large shallow baking dish. Sprinkle chops with salt and pepper. Sauté in 3 tablespoons butter until browned on both sides. Arrange chops on kraut. Reserve 2 tablespoons of pork drippings in skillet for making sauce.

Core apples. Pare 1-inch of skin from top of each apple. Combine 2 tablespoons melted butter with brown sugar and raisins. Stuff each apple with this mixture. Arrange apples at each end of baking dish; brush tops with remaining melted butter. Pour chicken broth over chops; cover only the chops with aluminum foil. Bake in 350° (moderate) oven 1 hour, basting chops and apples occasionally with pan liquid. Remove foil from chops and bake, uncovered, 20 minutes, or until chops and apples are tender. Baste occasionally. Drain off 1 cup of broth. Reheat skillet with reserved drippings; stir in flour. Add drained broth and boil 1 minute, stirring constantly. Stir in cream and reheat to serving temperature; do not boil. Serve sauce with chops.





KRAUT & WURSTS

Ever since kraut was introduced to the frankfurter, kraut and wursts have been popular partners. Choose your favorite sausages . . . be they frankfurters, bratwurst, knockwurst, kielbasi or bologna . . . then whip up a casserole, a crown or a stew.

Broil them or boil them or grill them outdoors. But however you treat them, kraut's the perfect embellishment to turn plain fare into posh.

Stout Hearted Kraut & Frankfurters

(Makes 4 to 6 servings)

Frankfurters with flare! This eye-appealing dish is sweet and sour in flavor and fits any budget.

3½ cups undrained sauerkraut
½ cup sliced celery
⅓ cup sliced onion
¼ cup butter or margarine
1 pound frankfurters, cut in ½-inch slices
1¾ cups water

¼ cup white vinegar
¾ cup sugar
1 beef bouillon cube
½ teaspoon salt
¼ teaspoon ginger
⅛ teaspoon pepper
1½ tablespoons cornstarch
Chopped canned pimiento, or sautéed
chopped fresh red pepper (optional)

Drain kraut well and reserve ¼ cup of the liquid; set aside. In large saucepan or Dutch oven, sauté celery and onion in butter until crisp-tender. Remove with slotted spoon. In same pan brown frankfurters; remove. Add 1½ cups of the water, vinegar, sugar, bouillon cube, seasonings and reserved kraut liquid. Simmer, stirring until sugar and bouillon cube dissolve. Bring to boil; stir in cornstarch blended in remaining ¼ cup water. Boil ½ minute, stirring. Add kraut and stir in franks, celery and onion. Heat to serving temperature. Garnish with pimiento and serve with mashed potatoes.

Kraut In A Crown

(Makes 8 servings)

Your dinner table can sport a crown roast without selling the family jewels. The frankfurter goes elegant in this kraut and bean stuffed crown.

- 3¼ cups drained sauerkraut
- 1 can (16 ounces) pork and beans
- 1 can (6 ounces) tomato paste
- ¼ cup firmly packed light brown sugar
- 1 tablespoon prepared mustard
- 1 teaspoon each: salt, onion powder
- ¼ teaspoon each: pepper, cumin
- 16 frankfurters
- ⅓ cup grated Cheddar cheese

In medium saucepan heat: kraut, pork and beans, tomato paste, sugar and seasonings. Meanwhile, using needle and heavy-duty white thread (doubled), thread frankfurters together 1-inch from bottom and 1-inch from top, allowing extra thread for tying. Arrange in circle and tie ends together. Cut off excess thread. Stand frankfurter crown in shallow pan; fill with kraut stuffing. Bake in 350° (moderate) oven 20 minutes. Sprinkle cheese on top; bake 15 to 20 minutes longer.

Epicure's Choucroute Garnie

(Makes 10 servings)

This robust dish is a classic and will satisfy lads and lasses with the heartiest of appetites.

- ¼ pound salt pork, cubed
- 2 medium onions, sliced
- 1 pound Italian sausages, halved
- ½ pound cooked ham, cubed
- 6½ cups drained sauerkraut
- 1½ cups each: beef broth and dry Sauterne or 3 cups beef broth
- 1 teaspoon salt
- ½ teaspoon thyme
- 1 bay leaf
- 6 peppercorns
- 6 juniper berries
- 1½ pounds frankfurters, halved
- 10 medium potatoes (about 2 pounds), cooked and pared
- 2 tablespoons chopped parsley

In large saucepan or Dutch oven sauté salt pork until golden brown. Stir in onion, sausage and ham and cook until onion is crisp-tender and sausage and ham are browned. Remove onion and meats from saucepan. Stir in kraut and cook until lightly browned. Return onion and meats to saucepan; stir in broth, wine, salt and thyme. Tie bay leaf, peppercorns and juniper berries in a piece of cheese cloth and add to mixture in saucepan. Cover and simmer 45 minutes. Stir in frankfurters and potatoes; cover and simmer 15 minutes. To serve, arrange frankfurters and potatoes around edge of platter. Pile kraut mixture in center and sprinkle potatoes with parsley.

Cabbages & Kings Stew

(Makes 10 servings)

The Poles call it Bigos; Americans know it as stew. Either way it's laden with lusciousness . . . a variety of meats, mushrooms, onion and kraut for a rich, robust flavor.

- 1½ pounds fresh mushrooms, sliced
- 1 can (12½ ounces) chicken consommé
- ¼ pound salt pork, cubed
- 3 medium onions, sliced
- 2 tablespoons flour
- 1 cup beer
- 6½ cups drained sauerkraut
- ½ pound each: cooked cubed beef, pork, and rabbit or chicken
- ½ pound Polish sausage, cooked and cut in 2-inch pieces
- 1 pound frankfurters, halved
- 1 teaspoon each: salt, dill weed
- ¼ teaspoon pepper
- 1 bay leaf

Cook mushrooms in consommé until tender; drain, reserving liquid. In large saucepan or Dutch oven sauté salt pork until golden brown; add onions and cook until crisp-tender. Stir in flour; gradually add reserved mushroom liquid and beer. Stir in mushrooms, kraut, meats and seasonings. Cover and simmer 1 hour.

A Hard Day's Kraut & Knockwurst

(Makes 4 servings)

Juicy knockwurst, well seasoned and served with tangy kraut, makes a mouthwatering meal.

2 cups drained sauerkraut

¼ cup each: finely chopped onion,
green pepper

¼ cup beer

Spicy brown mustard

Dash of pepper

⅛ teaspoon celery seed

1 pound knockwurst

Combine kraut, onion, green pepper, beer, 1 teaspoon mustard, pepper and celery seed in a 1½-quart shallow casserole. Partially slit knockwurst diagonally in 3 or 4 places and spread cut surfaces with mustard; arrange cut sides down on kraut. Bake, uncovered, in a 350° (moderate) oven 30 minutes. Turn knockwurst and bake 10 minutes longer. Serve with mashed potatoes, if desired.

Spitted Bologna With Kraut

(Makes 8 servings)

A new taste-temper for the spit . . . a good-sized bologna with a yummy sauce. The kraut's sauced, too.

½ cup firmly packed dark brown sugar

2 tablespoons flour

½ cup catsup

1 tablespoon soy sauce

1 clove garlic, crushed

¼ teaspoon ground ginger

Dash pepper

4 cups undrained sauerkraut

2 pounds bologna, in 1 piece

In medium saucepan mix together: sugar, flour, catsup, and seasonings. Drain kraut juice into saucepan. Stir over medium heat until sauce boils 1 minute. Remove from heat. Score bologna and skewer onto rotisserie spit. Brush with some of the barbecue sauce. Roast in rotisserie 25 to 30 minutes at 350°, or according to range manufacturer's directions, brushing twice with sauce. Add kraut to remaining sauce and cook about 10 minutes. Serve bologna on kraut mixture.





COOL EATING BARBEQUES & SALADS

Kraut makes for wonderfully cool, crisp and crunchy eating; so it's indispensable for summertime. Chicken legs, beef roast, or any meat cooked properly over the coals will be tender, juicy and delicious and a zesty kraut relish is the perfect accompaniment. Kraut juice with seasonings makes a marvelous meat marinade, for it tenderizes while adding a tangy flavor. The juice also makes a tasty addition to a savory barbecue sauce.

Rib Sticker Beef & Kraut

(Makes 8 servings)

A rib eye of beef makes a barbecue par excellence. With a sweet and sour kraut relish, it's company-worthy fare. Advance preparation of both roast and relish lets the cook keep her cool!

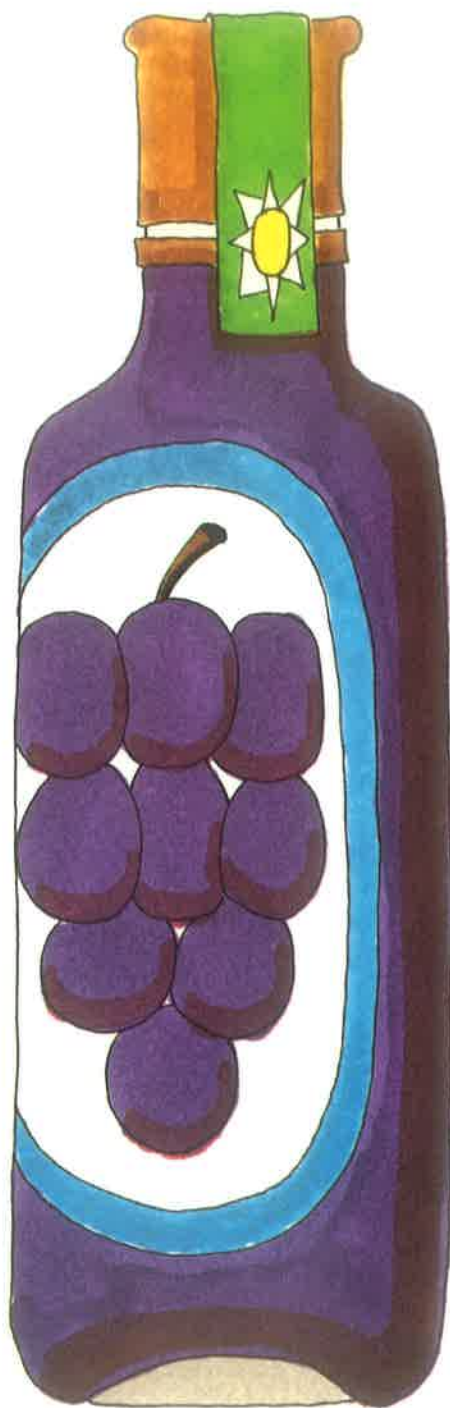
3½ cups undrained sauerkraut
½ cup salad oil
¼ cup each: wine vinegar, soy sauce
2 teaspoons Worcestershire
2 small onions, thinly sliced
2 cloves garlic, crushed
1 teaspoon each: coarsely ground pepper, dry mustard

5 to 6-pound eye of rib roast
½ cup vinegar
1½ cups sugar
1 cup chopped celery
1 green pepper, chopped
1½ cups (about 1 large) chopped sweet onion
1 jar (4 ounces) pimiento, drained and chopped

Drain kraut, reserving liquid. Combine kraut liquid, oil, wine vinegar, soy sauce, Worcestershire, sliced onions, garlic, ground pepper and mustard in large shallow dish. Add roast and roll until coated on all sides. Cover and marinate overnight, turning occasionally.

Combine kraut, ½ cup vinegar, sugar, celery, green pepper, chopped sweet onion and pimiento. Toss lightly; cover and chill overnight. Remove meat from marinade and skewer securely on rotisserie spit. Insert meat thermometer parallel to spit and roast meat to desired degree of doneness, brushing occasionally with marinade.

Just before serving, drain relish and serve with meat and potatoes.



Rah Rah Round Dogs

(Makes 8 sandwiches)

Take an ordinary frank, slit it 9 or 10 times and watch it curl cunningly when it's grilled. Pop it onto a round bun and top it generously with pungent kraut and your favorite condiments. The results are rewarding!

4 cups drained sauerkraut
 1/2 cup sour cream
 1/4 cup chopped parsley
 3 tablespoons diced canned pimiento
 2 tablespoons chopped scallions
 1/2 teaspoon dill weed
 1/4 teaspoon ground celery seed
 Dash pepper
 8 frankfurters
 Swiss and Cheddar cheese, tomato and sweet onion slices, cucumber spears, pickles and olives
 8 round rolls
 Butter, catsup and mustard

Toss together kraut, sour cream, parsley, pimiento, scallions and seasonings. Cover and chill. Make 10 slits in each frankfurter, taking care not to cut all the way through. Grill frankfurters. Serve with kraut relish and remaining ingredients buffet style.

Garden Of Eden Barbecued Porker

(Makes 8 servings)

3 1/2 -pound pork loin (8 ribs)
 Onion salt, marjoram and pepper
 4 cups drained sauerkraut
 2 red apples, thinly sliced
 1/2 cup apple brandy and 1 tablespoon light brown sugar or 1/2 cup apple cider
 2 tablespoons butter or margarine
 Apple slices and parsley, for garnish

Sprinkle pork with onion salt, marjoram and pepper. Secure on spit. Insert barbecue meat thermometer parallel to spit. Adjust spit about 8 inches from prepared coals, placing foil pan under pork to catch drippings. Roast 15 to 20 minutes per pound, or until thermometer registers 185°.

Shortly before serving: In skillet combine kraut, apples, brandy, brown sugar and butter. Simmer, covered, 5 minutes or until apples are tender. Garnish and serve with pork.

Life Is Just A Bowl Of Kraut & Pineapple

(Makes 1 quart)

2 cups drained sauerkraut
1 can (20 ounces) pineapple tidbits,
drained
½ cup sour cream
¼ cup firmly packed light brown sugar
¼ cup golden seedless raisins (sultanas)
½ cup chopped toasted pecans or
almonds
Lettuce

Toss together kraut, pineapple, sour cream, sugar and raisins. Chill several hours or overnight.

Before serving, mix in nuts, reserving some for garnish. Turn salad into lettuce-lined bowl. Sprinkle with nuts.

Step Lively Aspic

(Makes 6 to 8 servings)

An aspic chock-full of diced fresh vegetables is a splendid, refreshing salad anytime. Make it with kraut juice for that extra special zip.

3 cups tomato juice
1 stalk celery
1 small onion, sliced
2 slices lemon
1 small bay leaf
1 teaspoon salt
⅛ teaspoon pepper
2 envelopes unflavored gelatin
1 cup sauerkraut juice
½ cup each: diced carrot, celery,
green pepper
Salad greens

Combine tomato juice, celery, onion, lemon, bay leaf, salt and pepper. Simmer, uncovered, 10 minutes. Strain.

Meanwhile sprinkle gelatin over kraut juice to soften; stir in hot mixture until gelatin is dissolved. Chill mixture until consistency of unbeaten egg white; then fold in vegetables. Pour into individual molds or 1-quart mold. Chill until firm. To serve: unmold onto salad greens. Serve with mayonnaise or sour cream.

Shake-A-Leg Chicken With Cool Kraut

(Makes 8 servings)

6 cups sauerkraut
2 medium green peppers, chopped
1 jar (4 ounces) pimiento, drained
and chopped
2 medium onions, chopped
¼ teaspoon paprika
Freshly ground pepper
1 clove garlic, minced
½ cup butter or margarine, melted
¼ cup wine vinegar
½ cup firmly packed dark brown sugar
2 tablespoons Worcestershire
2 tablespoons cornstarch
¼ cup water
12 chicken legs with thighs

Drain kraut, reserving liquid. Toss kraut with green pepper, pimiento, half the onion, paprika and pepper to taste. Chill until serving time.

Sauté remaining onion and the garlic in butter until golden. Add vinegar, sugar, Worcestershire, pepper to taste and kraut liquid. Stir until sugar dissolves; bring to a boil over medium heat. Blend cornstarch with water and stir into sauce mixture. Continue boiling for 1 minute, stirring constantly. Remove from heat.

Place chicken on grill 7 to 8 inches from source of heat; cook 10 minutes. Brush with sauce and grill 10 minutes longer. Turn chicken and grill 10 minutes, or until done, brushing frequently with sauce to glaze. Serve with kraut relish.

Zingy Barbecue Sauce

(Makes about 2 cups)

⅓ cup minced onion
¼ cup butter or margarine
1½ cups chili sauce
3 tablespoons light brown sugar
1 tablespoon prepared mustard
3 tablespoons Worcestershire
¼ teaspoon salt
½ cup sauerkraut juice

In small saucepan, sauté onion in butter until tender, but not brown. Stir in remaining ingredients and simmer 10 minutes. Serve over meats.



GAME & OTHER HIGH FLYERS

Lucky indeed is the cook who has the opportunity to show her prowess with game birds. No higher esteem can be earned than mastering the technique of producing tender, flavorful game dishes. Even without a hunter in the family, you can count your blessings; for there is a wonderful variety of domesticated birds available year around. Regardless of which feathered friend you choose to serve, crisp, piquant kraut is a must with it.

Red Letter Pheasant With Kraut

(Makes 6 servings)

The flesh of young pheasant is delicate and lean and when one graces your table the meal should be memorable. Kraut has been put to the blush with the addition of currant jelly, traditionally served with these cocky birds.

2 pheasants (3 pounds each), quartered
Salt and pepper
1 cup butter or margarine
1 cup chopped onions
1 tablespoon butter or margarine
1 cup pheasant stock*

3½ cups drained sauerkraut
8 juniper berries, crushed
2 tablespoons red currant jelly
1 teaspoon grated orange peel
½ teaspoon oregano
¼ teaspoon thyme leaves

Sprinkle pheasant pieces with salt and pepper. Melt butter in 2 large heavy skillets. Fry pheasant until browned on all sides; lower heat and continue cooking 45 minutes or until tender, turning occasionally. Meanwhile, sauté onion in 1 tablespoon butter until crisp-tender. Add remaining ingredients. Simmer, covered, 30 minutes, stirring occasionally. Turn kraut into serving dish. Garnish with additional currant jelly, if desired. Serve with pheasant.

**To Prepare Pheasant Stock (Makes about 1 cup):* In medium saucepan, combine pheasant giblets with 1½ cups water; 1 small onion, halved; 2 celery tops and ½ teaspoon salt. Simmer, covered, ½ hour; uncover and simmer 10 minutes. Cool.

NOTE: This recipe may be halved for one pheasant using 1 skillet. Chicken may be substituted for pheasant.



What's Good for the Goose . . .

Is Kraut Stuffing

(Makes 8 servings)

The goose that laid the golden egg makes mighty fine eating, roasted to a golden brown and brimming with piquant kraut stuffing. It wouldn't be a holiday without it.

- 1 large onion, chopped
- 1 tablespoon butter or margarine
- 6½ cups drained sauerkraut
- 1 medium apple, pared and diced
- 1½ cups grated potatoes (2 medium)
- 1 small carrot, grated
- 2 teaspoons caraway seed
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup dry white wine
- 11 to 12-pound goose

In large skillet or saucepan sauté onion in butter until golden. Add kraut, apple, potatoes, carrot, seasonings and wine. Cook over medium heat 5 minutes, stirring constantly. Stuff goose with kraut; truss, then place on rack in shallow pan. Roast in 325° (slow) oven 4 to 4½ hours.

Note: To glaze the goose, blend ½ cup honey with ½ teaspoon bottled browning sauce. Brush on goose during last ½ hour roasting time.

Shoot The Works Squab

(Makes 6 servings)

Squab is so widely available it is sometimes classified as domestic rather than wild. This spectacular dish combines squab with bacon, kraut and sour cream and it's served on a bed of tender noodles.

- 6 squab (10 to 11 ounces each)
- ½ pound bacon, diced
- 2 medium onions, thinly sliced
- 2 tablespoons paprika
- 2 cups chicken broth
- 3¼ cups drained sauerkraut
- ⅔ cup snipped parsley
- Freshly ground black pepper
- 1½ cups sour cream
- 2 tablespoons salt
- 4 to 6 quarts boiling water
- 1 pound wide egg noodles (about 8 cups)
- 3 tablespoons butter or margarine

Paprika
Wash squab and truss. Reserve hearts and livers. Brown bacon in large skillet; remove bits with slotted spoon. Sauté onion in bacon fat until lightly browned. Stir in paprika. Sauté birds for 10 minutes, or until well browned on all sides. Add broth; cover and simmer 25 minutes, turning birds occasionally with tongs. Chop reserved livers and hearts; toss with kraut, bacon, parsley and pepper to taste. Add to skillet and continue simmering 15 minutes. Just before serving, lower heat and stir in sour cream.

Meanwhile, add salt to rapidly boiling water. Gradually add noodles so that water continues to boil. Cook, uncovered, stirring occasionally, until tender. Drain in colander and toss with butter. Arrange on platter with squab and kraut. Garnish with parsley, if desired.

Feathers on the Wing...Roast Duck & Kraut

(Makes 4 servings)

There's nothing so controversial among huntsmen as how to cook a duck. To each his own is our philosophy. We don't care how you do it...blood rare or well done...as long as it's with sauerkraut.

The same recipe can be used for wild duck or duckling, but note the difference in roasting directions.

- 1½ cups firmly packed dark brown sugar
- 1 tablespoon cinnamon
- 2 whole cloves
- 1 tablespoon salt
- ½ cup water
- 2 teaspoons soy sauce
- 2 teaspoons ground ginger
- 1 Long Island duckling (4 to 5 pounds)
- ¾ cups well-drained sauerkraut
- ½ orange, cut in thin slices

Combine sugar, cinnamon, cloves and salt in heavy saucepan. Stir over low heat until sugar dissolves. Add water. Cook, stirring constantly, until a fairly thick syrup is formed. Combine syrup with soy sauce and ginger; cool. Prick duckling with fork to allow excess fat to drain off. Place duckling on rack in shallow roasting pan and brush with sauce. Roast in 425° (hot) oven 15 minutes. Reduce temperature to 350° and roast 20 minutes per pound. Baste duckling occasionally with sauce, reserving ¼ cup for kraut. About 15 minutes before duckling is done, combine kraut with reserved sauce and orange slices in saucepan. Cover and cook 10 to 15 minutes over medium heat. Serve with kraut.

Roasting Instructions for Wild Duck

- 1 wild duck, about 2 to 2½ pounds
- 3 strips bacon

Wash duck well, removing pin feathers; pat dry. Place on rack in shallow roasting pan. Arrange slices of bacon on breast. Roast in 450° (hot) oven 15 minutes; lower temperature to 350° and roast duck for 35 to 40 minutes, or until blood doesn't follow knife when inserted into breast. Remove bacon after 20 minutes of roasting time. One wild duck generally makes 2 servings.

Rinkey-Tink Kraut & Apple Sauté

(Makes 6 to 8 servings)

Simple but superb with any game or poultry, a kraut and green apple sauté.

- 3¼ cups drained sauerkraut
- 3 cups sliced pared green apples
- ¼ cup firmly packed dark brown sugar
- 2 tablespoons red currant jelly
- 1 teaspoon salt
- ⅛ teaspoon cracked black pepper
- ¼ cup butter or margarine

Combine kraut, apple, brown sugar, jelly and seasonings. Melt butter in heavy skillet. Cook and stir kraut mixture over medium heat until lightly browned, about 20 minutes. Serve as accompaniment to game.

Ridge Runner Quail & Kraut Casserole

(Makes 4 to 6 servings)

Take two, they're small... quail, of course. This is definitely a case of good things coming in small packages and this casserole is nothing but sumptuous.

- 8 quail (5 ounces each)
- ¾ cup dry white wine
- 12 small white onions
- 12 small potatoes
- 1 medium carrot, sliced
- ¾ cups drained sauerkraut
- Water
- 1 cup chicken stock
- Salt and pepper
- ¼ pound butter or margarine, melted
- ¼ teaspoon crushed rosemary
- ⅛ teaspoon each: tarragon leaves, thyme leaves
- 1 cup sliced mushrooms
- ½ cup heavy cream

In large bowl marinate quail in wine overnight, turning occasionally. In saucepan simmer onions, potatoes, carrots and kraut in water for 15 minutes; drain. Add chicken stock and simmer 10 minutes. Sprinkle quail with salt and pepper; sauté in butter until browned. Season quail with rosemary, tarragon and thyme; arrange in casserole. Pour undrained vegetables over birds; cover and bake in 350° (moderate) oven 15 minutes. Add mushrooms and cream and cook 15 minutes longer.

KRAUT
KRAUT



SUPER KRAUT

There's almost no limit to the uses for kraut. If you're not convinced now, we think the following delectable... if unexpected... recipes will make a believer out of you. You'll probably have the greatest success with the more unconventional ones if you serve them first and divulge the "secret" ingredient later. The moist, tender chocolate cake or lemony ice cream containing kraut is sure to be pronounced super once tasted.

Kraut Conquers All...

Chocolate Cake

(Makes two 8-inch squares or rounds)

This rich fudge cake has a coconut-like texture and the kraut keeps it wonderfully moist and fresh for several days. Top it with fluffy Mocha Whipped Cream or, for real chocolate lovers, Chocolate Cream Cheese Frosting.

$\frac{2}{3}$ cup butter or margarine
1 $\frac{1}{2}$ cups sugar
3 eggs
1 teaspoon vanilla
 $\frac{1}{2}$ cup unsweetened cocoa
2 $\frac{1}{4}$ cups sifted all-purpose flour
1 teaspoon each: baking powder,
baking soda
 $\frac{1}{4}$ teaspoon salt
1 cup water
 $\frac{2}{3}$ cup rinsed, drained and chopped
sauerkraut

Thoroughly cream butter with sugar. Beat in eggs and vanilla. Sift together dry ingredients; add alternately with water to egg mixture. Stir in kraut. Turn into two greased and floured 8-inch square or round baking pans. Bake in 350° (moderate) oven 30 minutes, or until cake tests done. Fill and frost with Mocha Whipped Cream or Chocolate Cream Cheese Frosting, recipes given on the next page.

Mocha Whipped Cream

(Makes about 3 cups)

Whip 1½ cups heavy cream with 3 tablespoons sugar, 1 tablespoon instant coffee, 2 teaspoons unsweetened cocoa and 2 tablespoons rum (optional) until soft peaks form.

Chocolate Cream Cheese Frosting

(Makes about 2 cups)

2 packages (4 ounces each)
sweet cooking chocolate
2 packages (3 ounces each)
cream cheese
2 tablespoons light cream
2 cups sifted confectioners sugar
¼ teaspoon salt
1 teaspoon vanilla

Place chocolate in small bowl and set over hot water until melted. Cool slightly. Blend in cream cheese and cream. Add sugar gradually, mixing well after each addition. Then add salt and vanilla. Spread on tops and sides of two 8-inch square or round cake layers.

Man Can Live By . . . Kraut Rye Bread Alone

(Makes 2 loaves)

What could be more tempting than bread baked at home? This rye bread has a slight tang that makes especially wonderful sandwiches.

1¼ cups boiling water
1 tablespoon sugar
2 teaspoons salt
2 tablespoons butter or margarine
1 package active dry yeast
½ cup warm water (105°-115°)
4 cups sifted fine rye flour
3½ cups sifted white flour
2 cups drained sauerkraut, chopped and drained again
1 egg, slightly beaten

Combine boiling water, sugar, salt and butter in large bowl; stir until butter melts. Sprinkle yeast over warm water; stir to dissolve. Stir into butter mixture. Add rye flour; beat smooth. Mix in 3½ cups white flour and the kraut. Turn dough onto floured board and knead 10 minutes or until smooth and elastic. Place in greased bowl; turn dough to grease all sides. Cover; let rise in warm place until doubled in bulk, about 45

minutes. Punch down; divide dough in half. Shape into 2 loaves; place in greased 9 x 5 x 3-inch loaf pans. Cover; let rise about 50 minutes. Brush with egg. Bake in 400° (hot) oven 30 to 35 minutes. Cool on racks.

For The Love Of Kraut...Appetizers

(Makes about 54 balls)

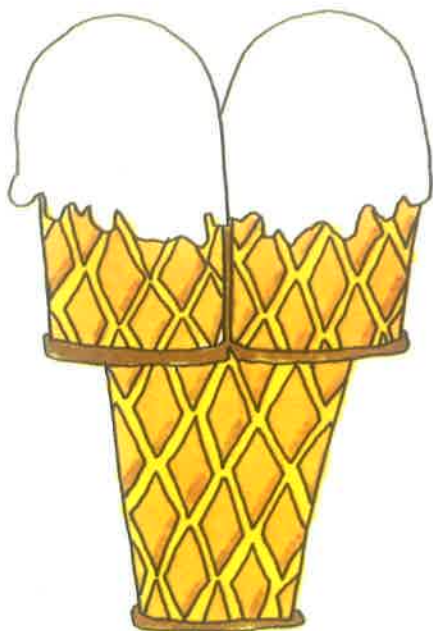
A concoction of corned beef, ham and kraut made into bite-size balls and deep fried to a crisp, golden brown will whet the most jaded appetites.

3 tablespoons butter or margarine
1 medium onion, finely chopped
1 cup finely chopped cooked ham
1 cup finely chopped cooked
corned beef
½ medium clove garlic, crushed
6 tablespoons flour
1 egg, beaten
2 cups well-drained sauerkraut,
finely chopped
⅛ teaspoon each: seasoned salt,
monosodium glutamate
⅛ teaspoon Worcestershire
1 tablespoon chopped parsley
½ cup beef stock or bouillon
2 cups milk
2½ cups sifted flour
2 cups fine dry bread crumbs

Melt butter; add onion and cook over low heat 5 minutes. Stir in ham, corned beef and garlic. Cook 10 minutes, stirring occasionally. Blend in 6 tablespoons flour and the egg. Stir in kraut, seasonings and stock. Cook over low heat, stirring occasionally, until thickened. Chill.

Shape into walnut-size balls. Thoroughly combine milk and 2½ cups flour; coat balls with this mixture. Roll in bread crumbs. Fry in deep hot fat (375°) 2 to 3 minutes, or until lightly browned. Drain on absorbent paper. Serve warm on cocktail picks.

Note: To Freeze—Shape kraut mixture into balls; place in freezer container, dividing layers with foil or freezer wrap. Freeze, making sure the container is well sealed. Remove from freezer and partially thaw at room temperature 1 hour before serving time. Increase frying time by about 1 minute.



The Power Of Pizza

(Makes a 14-inch pie)

The noble pizza in all its glory, brims with sausage, cheese and soul-satisfying sauerkraut.

- 1 package (13 $\frac{3}{4}$ ounces) hot roll mix
- Olive or salad oil
- $\frac{1}{2}$ pound Italian sweet sausage, sliced
- 1 small onion, chopped
- 2 cups drained sauerkraut
- 2 cans (8 ounces each) tomato sauce
- $\frac{1}{4}$ teaspoon basil leaves
- 6 to 8 green pepper rings
- $\frac{1}{2}$ pound mozzarella cheese, sliced
- Grated Parmesan cheese

Prepare hot roll mix as directed on package for pizza dough. Pat out half the dough in a 14-inch pizza pan; freeze remainder for later use*. Brush lightly with oil. Brown sausage with onion in skillet; drain off excess fat. Add kraut, tomato sauce and basil; stir and heat. Spread kraut mixture over pizza dough. Top with green pepper and mozzarella cheese. Sprinkle with Parmesan cheese. Bake in 450° (very hot) oven 15 to 20 minutes.

*If desired, prepare 2 pizzas, doubling the filling ingredients.

I Scream You Scream For Lemony Kraut Ice Cream

(Makes 2 quarts)

Kraut in ice cream? You're putting me on! The Flavor is light, lemony and refreshing and the mixture delightfully creamy.

- 2 tablespoons cornstarch
- 1 cup sugar
- $\frac{1}{4}$ cup grated lemon peel
(about 6 medium lemons)
- 1 $\frac{1}{2}$ cups milk
- 2 eggs, separated
- $\frac{1}{2}$ cup each: lemon juice,
sauerkraut juice
- 1 quart heavy cream, whipped

Mix cornstarch, sugar and lemon peel in saucepan; stir in milk. Cook over medium heat, stirring constantly, until mixture thickens and boils 1 minute. Remove from heat. Beat egg yolks in large bowl. Gradually blend in milk mixture. Cool. Stir in lemon juice and kraut juice. Beat egg whites until stiff, but not dry. Fold with cream into cornstarch mixture. Turn into refrigerator trays. Freeze until ice crystals form around edges of trays. Turn mixture into large bowl and beat well. Return to trays. Freeze until firm. Mellow in refrigerator for $\frac{1}{2}$ hour before serving.

Kraut On The Half Shell

(Makes 8 servings)

Crunchy kraut, bacon and onion make the lowly baked potato a treat terrific.

- 8 medium baked potatoes
- 10 slices bacon
- 1 small onion, chopped
- 2 $\frac{2}{3}$ cups drained sauerkraut
- Dash pepper

Bake potatoes in 375° (moderate) oven 1 hour or until tender. Meanwhile, cook bacon in skillet until crisp; drain on paper towels and crumble. Drain off all but $\frac{1}{3}$ cup drippings. Sauté onion in reserved drippings about 2 minutes. Add kraut and cook 5 minutes longer. Cut slice off top of each potato. Scoop out remaining potato and mash, adding kraut mixture, $\frac{1}{2}$ the bacon and pepper. Refill shells with potato mixture. Sprinkle remaining bacon on top. Heat in 375° oven about 10 minutes.

INDEX

Hero Krautwich	7	Step Lively Aspic	21
Reuben Sandwich	8	Shake-A-Leg Chicken With	
Rotund Heroes	8	Cool Kraut	21
Twin Heroes Italian Style	8	Zingy Barbecue Sauce	21
Half Nelson Hero	8	Red Letter Pheasant With Kraut	23
Nuts & Bolts Krautwich	9	What's Good for the Goose...	
Jolly German Triple Decker	9	Is Kraut Stuffing	24
Oriental Kraut Heroes	9	Shoot The Works Squab	24
They're The Cat's Pajamas...		Feathers on the Wing...Roast Duck	
Ribs & Kraut	11	& Kraut	25
Kraut Is Busin' Out All Over Ham	12	Roasting Instructions for Wild Duck	25
Simpatico Kraut & Pork Butt	12	Rinky-Tink Kraut & Apple Sauté	25
Pie In The Sky	13	Ridge Runner Quail & Kraut	
Turned on Chops 'N Kraut With		Casserole	25
Baked Apple Bonus	13	Kraut Conquers All...Chocolate	
Stout Hearted Kraut & Frankfurters	15	Cake	27
Kraut In A Crown	16	Mocha Whipped Cream	28
Epicure's Choucroute Garnie	16	Chocolate Cream Cheese Frosting	28
Cabbages & Kings Stew	16	Man Can Live By...Kraut Rye Bread	
A Hard Day's Kraut & Knockwurst	17	Alone	28
Spitted Bologna With Kraut	17	For The Love Of Kraut...Appetizers	28
Rib Sticker Beef & Kraut	19	The Power of Pizza	29
Rah Rah Round Dogs	20	I Scream You Scream For Lemony	
Garden Of Eden Barbecued Porker	20	Kraut Ice Cream	29
Life Is Just A Bowl of Kraut &		Kraut On The Half Shell	29
Pineapple	21		

KRAUT

KRAUT

KRAUT

KRAUT

The National Kraut Packers Association
108-1/2 East Main Street
St. Charles, Illinois 60174

COST RECORD

Total _____

Per Portion _____

KRAUT FUDGE SURPRISE CAKE

Ingredients**40 Portions in 3½" sqs.****Test Portion,
One 13x9x2" layer****CREAM:**Sugar
Shortening2½ lbs. (1½ qts.)
1¼ lbs. (2½ cups)1½ cups
¾ cup**ADD:**Vanilla
Salt
Cocoa
Eggs1½ tbsps.
2 tps.
7 ozs. (1¾ cups)
11 whole1 tps.
¼ tps.
½ cup
3**SIFT:**Flour
Baking Soda
Baking Powder2¼ lbs. sifted (2¼ qts.)
1½ tbsps. (½ oz.)
1½ tbsps. (½ oz.)2¼ cups sifted
1 tps.
1 tps.**ADD ALTERNATELY:**

Water

One quart

1 cup

LASTLY:

Kraut

2 cups, washed, chopped
coarsely and drained.

½ cup

- Directions:**
1. Cream sugar and shortening on 3rd speed for 10 minutes. Add vanilla, salt and cocoa. Continue beating for 5 minutes on 1st speed. Add eggs, blend on 1st speed for 5 minutes or until light.
 2. Sift flour, baking powder and baking soda together, add alternately with the water to the creamed mixture using 2nd speed. Lastly, add the washed, chopped and drained kraut and mix thoroughly.
 3. Bake in greased and floured deep sheet pan (18"x26") in a 375° F. oven for 45 minutes. Cool and frost.



Tested in Home
Economics Kitchen of

NATIONAL KRAUT PACKERS ASSN.

St. Charles, Ill. 60174

RELISH

Spiced Carrot Relish—Pare and slice nine medium carrots; cook covered in small amount of boiling salted water until tender. Drain carrots and add three-fourths cup chopped sweet gherkins, three-fourths cup sweet pickle liquid and one small onion, thinly sliced. Mix well and chill. (Makes six servings.)

SOUPS

Dilled Vegetable Soup—Mix together one ten-and-three-fourths-ounce can condensed vegetable soup, one cup water and one-third cup dill pickle liquid. Cook over low heat to serving temperature. (Makes four servings.)

Tangy Mushroom Soup—Mix together two cups cold water and one-fourth cup sweet pickle liquid. Gradually add to one one-and-one-half-ounce envelope cream of mushroom soup mix. Cook over low heat, stirring constantly, to boiling point. Cover and cook over low heat seven minutes. Add three-fourths cup milk; heat to serving temperature. (Makes four servings.)

SNACKS

DILLED EGGS (Makes 5 eggs)

5 hard-cooked eggs 1 cup dill pickle liquid

Peel eggs; place in container with tightly fitting lid. Pour in pickle liquid. Cover and refrigerate for 48 hours. Great for the lunch box!

SAUCES

Dill Barbecue Sauce—Mix together one-fourth cup chopped dill pickles, one-half cup dill pickle liquid, one-fourth cup prepared mustard, one-fourth cup molasses and one-fourth cup melted butter or margarine. Use to baste when broiling or grilling chicken or meat. (Makes about one and one-fourth cups.)

Spicy Mushroom Sauce—Combine one one-and-one-half-ounce envelope cream of mushroom soup mix, one and one-third cups water, and one-third cup sweet pickle liquid. Cook over low heat, stirring frequently, ten minutes. Serve as gravy for meat. (Makes about one and one-half cups.)

DILL SALAD DRESSING (Makes about 1½ cups)

2 egg yolks	¼ teaspoon salt
¼ cup dill pickle liquid	Dash Cayenne
1 teaspoon dry mustard	1 cup salad oil

Beat egg yolks with pickle liquid. Mix together mustard, salt and cayenne. Stir into yolk mixture. Gradually beat in oil. Serve chilled over ham or mixed green salad, as desired.

MAIN DISHES

PICKLE MARINATED CHICKEN—Pour one cup sweet pickle liquid over two two-pound broiler-fryer chickens, cut in half. Cover and chill two hours. Turn chickens occasionally. Drain. Sprinkle chickens with salt and pepper. Broil five to six inches from source of heat, or cook on outdoor grill, twenty to thirty minutes, or until tender and lightly browned on all sides. (Makes four servings.)

BUDGET GOURMET STEW

1 pound beef stew (cut in 2-inch cubes) meat	2 beef bouillon cubes
½ cup sweet pickle juice	2 tablespoons dry bread crumbs
1½ cups cold water	2 tablespoons minute tapioca
2 medium onions, sliced	1 small jar whole mushrooms

Combine pickle juice, water, onions and meat. Marinate meat for one hour at room temperature. Add remaining ingredients, place in one- or two-quart casserole with tight-fitting lid. Bake at 350 degrees for 4 hours. Serve over cooked noodles, rice or mashed potatoes. If desired, other vegetables such as carrots and potatoes may be added during the last hour of baking. If you prefer not to serve over noodles, rice or mashed potatoes, simply double the amount of meat. And if you want to brown the meat, do so in a small amount of fat after the marinating. (Makes four servings.)

Steinfeld's
pickles - kraut - relishes

P.O. Box 101129 PORTLAND, OREGON 97203

Printed in U.S.A.

STOP
Save
**PICKLE
LIQUID**

for these

DELICIOUS RECIPES



HÔRS D'ŒUVRES



Pickled Shrimp—Cook, shell and devein one-half pound shrimp. Combine the shrimp and one-half cup sweet fresh cucumber pickle liquid; chill. Drain and serve with cocktail picks. (Makes about fifteen appetizers.)

Spiced Melon Kebabs—Combine one-half cup sweet pickle liquid, one-fourth cup water and one-half cup sugar; heat to boiling point. Cut one small cantaloupe in three-fourth-inch balls and add to pickle liquid mixture; cook about five minutes. Chill thoroughly; then drain. Arrange melon balls and one-half-inch slices of sweet gherkins on cocktail picks. (Makes ten to twelve kebabs.)

Pickle Bobs—Arrange twenty small sweet gherkins, twenty small canned whole mushrooms and slices of one medium carrot alternately on cocktail picks. Cover with one-half cup sweet pickle liquid and chill two hours. Drain before serving. (Makes twenty appetizers.)

Dilly Vegetable Appetizers—Pare and quarter lengthwise three medium carrots. Cut in strips four six-inch ribs of celery. Cut six dill pickles in quarters lengthwise. Cover carrot, celery and pickle strips with one and one-half cups dill pickle liquid and chill. Drain before serving. (Makes about six servings.)

Dilly Shrimp—Cook, shell and devein one-half pound shrimp. Combine the shrimp and one-half cup dill pickle liquid; chill. Drain and serve with cocktail picks. (Makes about fifteen appetizers.)

Pickle Frappe—Soften one tablespoon unflavored gelatin in one-fourth cup cold water. Combine two cups tomato juice (or vegetable juice cocktail), one cup dill pickle liquid and one-half teaspoon celery salt; heat to boiling point. Add softened gelatin and stir until dissolved. Cool. Freeze until mushy, stirring occasionally. Turn into glasses and garnish with lengthwise slices cut from dill pickles. (Makes six servings.)

Dilled Tomato Drink—Combine three cups tomato juice, one cup dill pickle liquid, one tablespoon lemon juice and one-fourth teaspoon pepper. Chill. Stir before pouring into glasses. Serve garnished with dill pickle slices. (Makes eight servings.)

Pickle Cocktail—Combine one twelve-ounce can vegetable juice cocktail, one-half cup sweet pickle liquid, one tablespoon lemon juice, one-half teaspoon prepared mustard and one-eighth teaspoon pepper. Chill. Stir before serving. Garnish each glass with a slice of sweet gherkin. (Makes four servings.)

PICKLE CHICKEN PIE

(Makes 1 9-inch pie)

3 tablespoons butter or margarine
3 tablespoons flour
1 cup milk
½ cup chopped sweet fresh cucumber pickles
¼ cup finely chopped green pepper
2 cups diced cooked chicken
2 cups sliced cooked carrots
Salt and pepper to taste
1 recipe plain pastry
2 tablespoons melted butter or margarine

Melt 3 tablespoons butter; add flour and blend. Gradually add milk and cook over low heat, stirring constantly, until thickened. Add pickles, green pepper, chicken, carrots and salt and pepper; mix well. Roll out half of pastry on lightly floured surface to ⅛-inch thickness. Press lightly into deep 9-inch pie plate. Turn chicken-pickle mixture into pastry shell. Roll out remaining pastry to ⅛-inch thickness. Place over chicken-pickle mixture. Trim and flute edges. Prick top. Brush with 2 tablespoons melted butter. Bake in 375° (moderate) oven 40 to 45 minutes, or until lightly browned.



PICKLE CIRCLE SALAD

(Makes 6 servings)

3 cups cottage cheese
2 cups grated carrots
½ cup sweet fresh cucumber pickles
4 sweet gherkins, quartered lengthwise
Crisp chicory
1 medium tomato
½ cup French dressing
¼ cup sweet pickle liquid

Reserve ¼ cup cheese. Arrange remaining cheese, carrot and pickles on chicory. Cut tomato into wedges without cutting all the way through and fill center with reserved cheese. Arrange tomato in center of salad. Blend French dressing and pickle liquid and serve with salad.



OPEN CLUB SANDWICHES

(Makes 4 servings)

½ cup mayonnaise
¼ cup chili sauce
¼ cup chopped sweet gherkins
¼ teaspoon celery seed
Lettuce leaves
2 medium tomatoes, sliced
4 slices crisp cooked bacon, cut in half
4 slices cooked chicken
4 sweet gherkins, sliced
4 slices buttered toast

Combine mayonnaise, chili sauce, chopped gherkins and celery seed; mix well. Arrange lettuce, tomatoes, bacon, chicken and sliced gherkins on toast. Serve with dressing.



PIMIENTO CHEESE PICKLEWICHES

(Makes 10 picklewiches)

10 large sweet gherkins
Process-type pimiento-cheese spread

Cut pickles in half lengthwise. Spread cheese on half of pickle slices, using about ½ teaspoon per slice. Top with remaining pickle slices, sandwich fashion. Chill.



PICKLE PACKERS' PUNCH

(Makes 4 servings)

¾ cup chopped dill pickles
3 cups tomato juice
½ cup dill pickle liquid
1 tablespoon prepared horse-radish
Lengthwise slices of dill pickle

Force ¾ cup chopped dill pickles through food mill or blend in electric blender. Combine dill pickles, tomato juice, pickle liquid and horse-radish; mix well. Turn into freezer tray and chill until ice crystals almost cover top surface (about 2 hours). Beat with electric mixer or rotary beater until smooth. Turn into serving glasses. Garnish with dill pickle slices.

PICKLE QUIZ



HOW MANY KINDS OF PICKLES ARE THERE?

Over 36 varieties are available; they are of four basic types. **Processed** include sour and sweet pickles, dills and garlic-flavored dills, in many forms. **Fresh pack** include fresh cucumber pickles and pasteurized dills (usually called Kosher dills) in various forms. **Genuine dills** are made by natural fermentation in brine with dill and spices. **Overnite dills** are a "fresh-fermented" variation of genuine dills, and are usually sold out of barrels or in delicatessen department of super market.

ARE PICKLES POPULAR?

A recent survey by Home Makers Guild of America revealed that some kind of pickles are served **once a week or oftener** in about 75% of the homes. Most frequent uses are at dinner and lunch, in sandwich fillings, with food served guests, in lunch boxes and as garnishes. About 75% of the homemakers questioned stated they would welcome new recipes for pickles, such as are in this leaflet.

WHAT FOOD VALUE DO PICKLES HAVE?

Pickles contain Vitamin A, Vitamin C, some thiamine and riboflavin, calcium, phosphorus, iron and copper. Acetic acid and lactic acid in pickles aid in digestion of other nutritive elements. Calories? Few! A very large dill supplies only about 15 calories, a medium sweet pickle about 11, a tablespoon of mixed sweet pickles or sweet pickle relish about 14, four slices of sweet fresh cucumber pickles about 21 calories.

Save the PICKLE LIQUID

Try a **SPICY VEGETABLE SOUP** . . .

Combine one 10¾-ounce can condensed vegetable soup, 1 cup water, and ½ cup dill pickle liquid; mix well. Cook over low heat to serving temperature. Makes 4 servings.

For a zingy **SALAD DRESSING** . . .

Use pickle liquid with salad oil for a quick and easy dressing for green salad.

Make **BROILED CHICKEN** extra-tasty . . .

Marinate the chicken 2 or 3 hours in sweet pickle liquid before broiling.

COOKING WITH PICKLES

the PICKLE TRAIL

Your pickle trail begins at the grocery store when you pick up several jars of pickles. Choose from a tremendous variety: sweet gherkins, zesty dills, spicy relish, whole pickles, sliced or chopped—these are just a few of the many kinds you'll find.

Next stop on the trail is your cupboard shelf, where you'll put those jars within easy reach for frequent use. Now you're ready to choose a recipe from this leaflet. What shall it be? Main dish, salad, sandwich, snack, sauce? They're all here. You'll enjoy preparing every one of them. And when you serve them, you can sit back and enjoy the compliments . . . you've reached your goal!

FAMOUS PICKLE PEOPLE

The history of pickles stretches so far back into antiquity that no definite date can be established for their origin. Consequently, the list of famous pickle-lovers is a long one . . . Cleopatra praised pickles for their contribution to beauty and health . . . Emperor Tiberius ate pickles daily and he lived to be 95 years old . . . Julius Caesar considered pickles necessary for his armies . . . Napoleon esteemed pickles as health-giving food . . . Queen Elizabeth I and King John were among the multitude of pickle fanciers . . . Americus Vesputius, for whom our country was named, was a pickle dealer in Seville. Pickles crossed the Atlantic in the 17th century . . . Thomas Jefferson, George Washington, John Adams and Dolly Madison all valued and enjoyed pickles.

Steinfeld's
WESTERN SERIES

pickles • kraut • relishes

P.O. BOX 99170 PORTLAND, OREGON 97203

PICKLE PACKERS' INTERNATIONAL, INC.

430 S. Second Street, St. Charles, Illinois 60174

LOOKING.



follow the

GROUND HAM AND PICKLE STEAK

(Makes 4 servings)

2 cans (12 ounces each) chopped ham, ground
 1/3 cup chopped onions
 1 1/2 cups soft bread crumbs
 1/2 cup chopped dill pickles
 1 egg, slightly beaten
 1 can (1 pound, 4 ounces) sliced pineapple, drained
 1/2 teaspoon prepared mustard
 Pepper to taste
 4 whole small dill pickles

Combine ham, onions, crumbs, chopped pickles and egg. Reserve 4 slices pineapple for top garnish. Chop remaining pineapple and add to meat mixture. Add mustard and pepper and mix well. Shape into large steak about 1-inch thick. Broil 4 to 5 inches from source of heat 10 minutes, or until browned. Top with reserved pineapple and garnish with dill pickle fans.* Broil about 3 minutes, or until pineapple is lightly browned.

*To make dill pickle fans, slice small dill pickles lengthwise, without cutting all the way through; spread slices.

PICKLE PLAID HAMBURGERS

(Makes 4 servings)

3/4 pound ground beef
 2 tablespoons chopped onion
 2 tablespoons chili sauce
 1/3 cup sweet pickle relish
 1 1/2 tablespoons horse-radish
 1/2 teaspoon prepared mustard
 1/4 teaspoon garlic salt
 1/2 teaspoon salt
 1/8 teaspoon pepper
 4 slices white bread
 Process Cheddar cheese strips,
 1/4-inch wide

Combine beef, onion, chili sauce, pickle relish, horse-radish, mustard, garlic salt, salt and pepper; mix well. Spread on bread. Broil 3 to 4 inches from source of heat 5 minutes. Remove from broiler and arrange cheese strips over hamburgers in a plaid design. Broil 2 to 3 minutes, or until cheese is melted and lightly browned.

PICKLE PARTY LOAF

(Makes 8-10 servings)

2 cans (2-1/4 ounces each) deviled ham
 2 tablespoons sweet pickle relish
 1/4 cup finely chopped canned pimientos, drained
 1 tablespoon mayonnaise
 3 hard-cooked eggs, chopped
 1/4 teaspoon salt
 1 teaspoon chopped chives
 2 tablespoons mayonnaise
 1 package (3 ounces) cream cheese, softened
 1/2 cup sweet pickle relish
 1 loaf (1 pound) unsliced white bread
 1 package (8 ounces) cream cheese, softened
 2 tablespoons milk
 1/2 cup grated cucumber

Combine ingredients for the three different fillings: 1. Deviled ham, 2 tablespoons sweet pickle relish, pimientos and 1 tablespoon mayonnaise. 2. Eggs, salt, chives and 2 tablespoons mayonnaise. 3. 3-ounce package cream cheese and 1/2 cup sweet pickle relish.

Remove crusts from bread. Cut loaf of bread lengthwise into 4 slices. Spread 3 slices with 3 fillings and stack slices. Cover with unspread slice to form loaf. Wrap tightly in waxed paper. Chill.

Blend 8-ounce package cream cheese with milk and cucumber. When ready to serve, frost top and sides of loaf with cheese-cucumber mixture. Garnish with pickle fans, as desired.

PEANUT PICKLE CORNUCOPIAS

(Makes 8)

1 cup finely chopped salted peanuts
 1/4 cup mayonnaise
 8 thin slices bread
 8 sweet gherkins

Combine peanuts and mayonnaise; mix well. Trim crusts from bread and spread with peanut mixture. Place pickles diagonally on bread. Wrap bread around pickles to form cornucopias; fasten with cocktail picks.

PICKLE CURRY BUTTER

(Makes about 1 cup)

1/2 cup butter or margarine
 1/4 cup sweet pickle liquid
 1/4 cup chopped sweet mixed pickles
 1 teaspoon curry powder

Combine all ingredients. Cook over low heat 10 minutes, stirring occasionally. Serve with boiled or broiled lobster or South African rock lobster tails, as desired.

PICKLE HOLLANDAISE SAUCE

(Makes about 1 cup)

1 jar (5 3/4 ounces) Hollandaise sauce
 2 tablespoons sweet pickle liquid
 1/4 cup chopped sweet gherkins
 1 teaspoon grated onion
 1 teaspoon prepared horse-radish

Combine all ingredients. Heat to serving temperature over low heat, stirring constantly. Serve with boiled or broiled lobster or South African rock lobster tails, as desired.

PICKLE BARBECUE SAUCE

(Makes about 1-1/2 cups)

1/3 cup sweet pickle relish
 1 can (8 ounces) tomato sauce
 1/4 cup vinegar
 1 medium onion, finely chopped
 1 clove garlic, finely chopped
 2 tablespoons sugar
 1 teaspoon salt
 1/4 teaspoon crushed oregano
 Dash cayenne

Stir together all ingredients in saucepan. Heat to boiling point. Simmer 10 minutes, stirring occasionally. Serve with boiled or broiled lobster or South African rock lobster tails, as desired.

Try these new ways
to use PICKLES

PICKLE PLAID HAMBURGERS

GROUND HAM AND PICKLE STEAK

PICKLE PARTY LOAF

PICKLE CURRY BUTTER

PICKLE HOLLANDAISE SAUCE

PICKLE BEEF RING

PICKLE BARBECUE SAUCE

DIETERS' DIP FOR DILL PICKLES

PICKLE CHEESE FRANKS

PICKLE CHICKEN PIE

PICKLE CIRCLE SALAD

PICKLE BEEF RING

(Makes 6 servings)

2 pounds ground beef
 1 cup finely chopped dill pickles
 2 cups soft bread crumbs
 1/2 cup milk
 1 egg, slightly beaten
 1 medium onion, finely chopped
 1 tablespoon prepared mustard
 2 teaspoons salt
 1/4 teaspoon pepper

Combine all ingredients; mix thoroughly. Press into lightly greased 8-inch ring mold. Bake in 325° (slow) oven 1-1/2 hours or until done. Unmold. Garnish with additional sliced dill pickles and fill with vegetables, such as creamed new potatoes and green beans, as desired.

DIETERS' DIP FOR DILL PICKLES

(Makes 8 servings)

1 cup cottage cheese
 1/4 cup low calorie Italian-style salad dressing
 1 egg, separated
 8 dill pickles, cut in quarters, lengthwise

Combine cottage cheese, salad dressing and egg yolk; beat well. Beat egg white until stiff, but not dry. Fold egg white into cheese mixture. Serve with dill pickles.

Calories per serving: Approximately 52

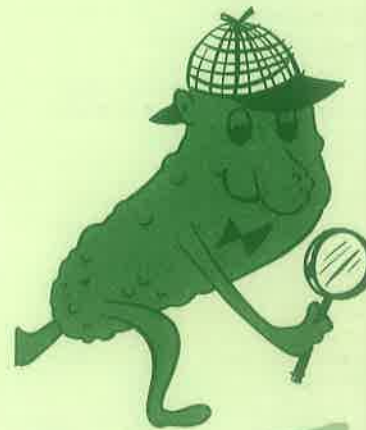
PICKLE CHEESE FRANKS

(Makes 8 sandwiches)

8 frankfurters (about 1 pound)
 Process American cheese strips about 1/4-inch thick
 4 dill pickles, thinly sliced or equivalent hamburger dill slices
 8 frankfurter rolls, split

Cut each frankfurter diagonally in four places without cutting all the way through. Insert a cheese strip in each diagonal cut. Broil 3 to 4 inches from source of heat 3 to 4 minutes or until browned. Arrange pickle slices and frankfurters on rolls.

...
for
a
compliment?



PICKLE
TRAIL



KRAUT IN REDUCING DIETS

For many years kraut has been an everyday food favorite, popular because of its fine flavor and low cost. Now, noted nutrition and medical experts have discovered that sauerkraut is ideally suited for a weight-reducing diet.

All authorities agree that the first and most important step in following any diet is to decrease the number of calories consumed each day. At the same time special care is needed in planning the diet to insure that the minimum recommended daily allowance of other vital nutrients is included in the menu. Kraut fulfills both these requirements.

It contains an extremely low number of calories, less than 33 per cup. Yet kraut provides the necessary bulk in the diet to keep the digestive processes working properly. Valuable amounts of essential nutrients rarely found together in other low-calorie foods are supplied by kraut.

In a weight-reducing diet the vitamin C furnished by kraut assumes increased importance, since it is supplied with a negligible number of calories. Pork and cereal grains, the chief sources of thiamine in the normal diet, must be restricted in a reducing diet because of their high caloric values. Sauerkraut is one of the few low-calorie foods capable of furnishing important quantities of this vitamin. Appreciable amounts of riboflavin are also supplied with an insignificant increase in the calorie count. Because of its low caloric value, kraut ranks among the top few calcium-rich vegetables included in weight-reducing diets.

Kraut is extremely valuable to weight-watchers because of its versatility. It provides an economical, tasty and convenient way to incorporate delicious new dishes in the diet menu, thus avoiding the monotony often associated with diets.

Created by the Home Economics Department of the National Kraut Packers Association Inc., St. Charles, Ill.

Steinfeld's
WESTERN ACRES
pickles - kraut - relishes

SPED.

© 1977/1978 COLLEGE OF

What Food Editors Say About The Role of Kraut in the Low Calorie Diet

By BERNICE RILEY
EO Food Editor

Have you had the courage to step on your bathroom scales since the holidays? If so, you have doubtless resolved to cut down on calories for awhile.

An insurance company, concerned over the effect of too much weight on the heart, has had its dieticians prepare a series of low calorie meals that are high in nutrition. Sensible eating, insurance officials maintain, is the key to weight reduction. "Starvation or crash diets often do little good in the long run, and can injure health and lower resistance," they say. The meals, pictured on this page, average around 350 calories per serving. Each is



KRAUT ORIENTAL contains a sweet and sour sauce to lend an exotic taste to the hearty flavor of sauerkraut. Vitamins and minerals in kraut make for good nutrition, while $\frac{1}{2}$ cup of the vegetable contains only 21 calories.

Now is the time for low calorie meals

PENDLETON, OREG.
EAST OREGONIAN

By **BERNICE RILEY**
EO Food Editor

Have you had the courage to step on your bathroom scales since the holidays? If so, you have doubtless resolved to cut down on calories for awhile.

An insurance company, concerned over the effect of too much weight on the heart, has had its dieticians prepare a series of low calorie meals that are high in nutrition. Sensible eating, insurance officials maintain, is the key to weight reduction. "Starvation or crash diets often do little good in the long run, and can injure health and lower resistance," they say.

The meals, pictured on this page, average around 350 calories per serving. Each is well-balanced, with meat, fish or fowl served in generous portions. Fruit is served as dessert — and homemakers can substitute seasonal fresh fruits, or canned fruit for the melon shown here.

Most white fish is high in protein and low in calories. Halibut, either frozen or fresh, can be baked with an assortment of vegetables and seasonings to come to the table as a one-dish meal. Serve a tossed salad with low-calorie dressing; crunchy bread sticks, and pear halves for dessert, for a complete dinner under 500 calories.

Sauerkraut is usually teamed with spareribs or frankfurters. Here is a new recipe, Kraut Oriental, that uses Vienna sausage and sliced pineapple for another low-calorie casserole.

KRAUT ORIENTAL

- | | |
|---|---|
| $\frac{1}{2}$ c. chopped onion | 2 t. vinegar |
| $\frac{1}{2}$ c. green pepper strips | $\frac{1}{4}$ c. sugar |
| 2 T. shortening | $\frac{1}{4}$ t. pepper |
| 1 can (1 lb. $4\frac{1}{2}$ oz.) sliced pineapple | 1 t. ground ginger |
| 2 T. cornstarch | 2 cans (1 lb. each) sauerkraut, drained |
| 1 c. beef bouillon | 2 cans (4-oz. each) Vienna sausage |
| 1 t. soy sauce | |

Saute onion and green pepper in shortening until tender. Drain pineapple, reserving liquid; mix half the pineapple liquid with cornstarch and add to onion and green pepper. Gradually blend in remaining pineapple liquid and bouillon. Stir in soy sauce, vinegar, sugar, pepper and ginger. Cook until thickened. Arrange layers of sauerkraut and halved pineapple slices

around sides of 3-qt. casserole. Pile Vienna sausages in center; pour sauce over all. Bake at 350 degrees for 30 minutes. 6 to 8 servings.



PICKLES
KRAUT
RELISHES

STEINFELD'S PRODUCTS COMPANY

P. O. Box 03129 • Portland, Oregon 97203 • Area Code 503 286-5811

INTERESTING FACTS

ABOUT THE COMPANY

STEINFELD'S PRODUCTS COMPANY of Portland and Scappoose, Oregon, was founded in 1922 by Mr. and Mrs. Henry Steinfeld as the out-growth of a very small beginning. Originally, Mother Steinfeld, who had come from Austria with a collection of Old World recipes filed in her memory, made small quantities of pickles in the kitchen of the Steinfeld home in Portland and sold them to eager neighbors and friends. Soon the growing demand from pickle lovers and food stores prompted the Steinfeld's to set up a small commercial operation including the production of sauerkraut as well as pickles and relishes.

Two sons, Vic and Ray Steinfeld, who now operate the company, literally grew up with the business. As a result, the firm has intimate knowledge of the entire process from the growing of carefully selected strains of cucumbers and cabbage through every phase of the processing and packing of top quality pickles, kraut and relishes.

STEINFELD'S ARE SPECIALISTS! Over the years the steadily growing demand for STEINFELD'S PICKLES and KRAUT left no time or desire to process other products. Consequently, full attention of the entire staff at Steinfeld's is constantly devoted to pickles and kraut with particular attention to flavor and quality as can be done only by specialists with many years of specialized experience.

From its very small "home kitchen" beginning STEINFELD'S PRODUCTS COMPANY has outgrown its plant facilities several times and now operates a pickle plant in Portland and a large combination kraut-and-pickle-plant located at Scappoose, Oregon, in addition to maintaining storage facilities at a third location also in Portland.

An interesting coincidence which may be a contributing factor in the success of this business is the name SCAPPOOSE given by the Indians many years ago to the small town 18 miles north of Portland on the Lower Columbia River Highway where Steinfeld's largest plant is located. Historical records reveal that the Indian name SCAPPOOSE means "ROCKY SOIL" and the literal translation of the German STEINFELD is "STONE FIELD."

Whether or not this combination of Indian and German names has any significance, STEINFELD'S PRODUCTS COMPANY has experienced a steadily growing demand for its products and now purchases and processes approximately 21 million pounds of cabbage and cucumbers annually, employing up to 100 people during the busy harvest season and thus making a considerable contribution to the economy of the State of Oregon. Converted into finished products this amounts to almost 10 million containers of various sizes ranging from 8-ounce to gallon size and bulk-pack in 18 and 55/gallon drums.

STEINFELD'S PRODUCTS COMPANY is one of the few companies which still makes "Genuine" Dill Pickles the old-fashioned natural-cured way to provide as fine a pickle as is available anywhere! In addition, slightly milder flavored dills are also made by pasteurizing fresh cucumbers in spiced brine; these are known as "Fresh Pack" or modern day "Home Style." Also identified by the company's "STEINFELD'S WESTERN ACRES" label is a complete assortment of Sweet Pickles and Relishes, the newest addition to the line being "Cubed" SALAD PICKLES, both Sweet and Dill, to provide another convenience food item for the busy homemaker.

We sincerely hope you will find the enclosed pickle and kraut serving suggestions of real interest and especially recommend KAROUSEL SALAD, KRAUT FUDGE CAKE and the Rubeen Sandwich as delightful new ways to enjoy STEINFELD'S mild-flavored "Western Style" low-calorie kraut, available fresh in jars and bags or canned.

STEINFELD'S PRODUCTS COMPANY
August 11, 1970